

FROSTY TOES

SAFETY REMINDERS

1

Do your dryland activities FIRST

Afterwards your focus should be on WARMING UP once you get cold and wet!

2

Don't stand around in your bathing suit

Stay warm as long as you can before you get in the water... and make sure to keep your FEET warm!

3

ENTER SLOWLY & exhale when your face touches water

You'll naturally gasp when you feel the water & you don't want to inhale water!

4

Wave to a SAR member if you need help

... or anyone on land!

5

Get DRY ASAP

A wet suit is a COLD suit. Change into dry clothes & put on warm socks as soon as you can.

6

You will be the coldest 10 minutes after you get out

This is called 'afterdrop'; be prepared. Get a cup of hot chocolate and bundle up!